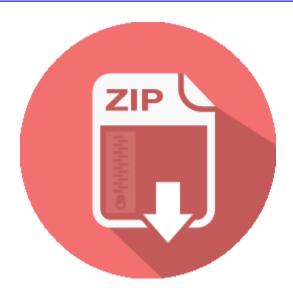
FOOD THAT HELPS LOSE WEIGHT



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No doubt: Weight loss comes down to simple math. You have to eat fewer calories than you burn. "Certain foods can help you shed body weight," says Heather Mangieri, RD, a spokeswoman for the Academy of Nutrition and Dietetics, "because they help you feel full longer and help curb cravings." Some even kick up your metabolism. http://ebookslibrary.club/9-Foods-to-Help-You-Lose-Weight-WebMD.pdf

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The truth is, meat is a weight-loss-friendly food because it's high in protein. Protein is by far the most filling nutrient, and eating a high-protein diet can make you burn up to 80 100 more calories per day (16, 17, 18). http://ebookslibrary.club/The-20-Most-Weight-Loss-Friendly-Foods-on-The-Planet.pdf

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A study published in the New England Journal of Medicine in 2011 discovered the foods linked with weight loss included fruits, vegetables, nuts, whole grains and yogurt, while weight gain was related to consuming potato chips, potatoes, sugar-sweetened beverages, unprocessed red meats and processed meats.

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Foods to Help You Lose Weight WebMD

But that s not the only way water can help you lose weight. If water is incorporated into food, it tends to fill us up, Somer says. Most fruits and vegetables are 80% to 90% water. Another tip: Try a bowl of soup before each meal. Make sure it s broth-based, not cream-based, Somer says.

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Foods that Help You Lose Weight Reader's Digest

In a 2006 study, people who ate half of a fresh grapefruit before each meal lost about 3.5 pounds after 12 weeks. The placebo group, on the other hand, lost only about a half pound. Researchers aren t sure why, but it may be that grapefruit helps reduce insulin levels after eating.

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